



Working closely with residents, businesses and community leaders to develop and implement policies, systems and environmental approaches that make healthy living easy, safe and affordable.

HEALTHY WORKSSM

PATHS TO HEALTHY LIVING

Healthy Works creates “Paths to Healthy Living.” From improving the design and walkability of communities to increasing the availability and affordability of local produce grown by local farmers, Healthy Works provides easier access to healthy choices for residents of San Diego County.

The 3-4-50 Concept:

- The “3-4-50” concept illustrates that three behaviors - poor nutrition, lack of physical activity and tobacco use - contribute to four diseases: cancer, heart disease and stroke, type 2 diabetes and respiratory conditions like asthma. These diseases account for more than 50 percent of deaths among San Diegans.
- In the United States, 1 in every 4 adults is obese and 3 in every 5 adults is overweight or obese.
- In a given year, 2.4 million adults become obese and spend approximately \$1,429 more in medical costs than adults of a healthy weight.

Healthy Works, Making A Difference:

- Farm-to-school programs partnering local farmers with local schools to bring fresh fruits and vegetables to students. Breakfast-in-the classroom programs allowing students to consume a free, healthy breakfast every school morning.
- Offering free gardening classes in several communities, including instructions on starting a community garden.
- Started a new farmers market in Southeast San Diego with a community garden in the neighborhood opening soon.
- Signed up more than 6,000 people for FreshFund, a program for community members receiving WIC, EBT, and other benefits, matching up to \$20 monthly for every \$20 members spend on fresh produce grown by local farmers.
- Created a Safe Routes to School countywide coalition
- Strengthening school wellness policies countywide, increasing physical activity and enhancing nutrition programs.



Other current and future projects include additional community gardens, cooking classes, more bike-to-school and bike-to-work paths and other school, community, land-use and transportation projects.

Healthy Works is a component of the County of San Diego’s “Live Well, San Diego! Building Better Health” initiative, a 10-year strategic vision for improving health and wellness and combating chronic diseases, including obesity.



For more information and to get involved
visit: www.healthyworks.org

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HEALTHY WORKSSM PROJECTS

Healthy Places

Healthy Communities Campaign

The SANDAG Healthy Communities Campaign provides grants to local jurisdictions and tribal governments supporting the integration of public-health principles in local land use and transportation planning and policy, and promoting pedestrian-and bicycle-friendly neighborhoods.

Active Commuting

The SANDAG Active Commuting project increases active forms of transportation (biking and walking) to school and work. School children, parents, school staff, commuters, and employers benefit from this project built on fun, feasible, healthy, environmental, and flexible alternatives to driving to work or school.

Safe Routes to School

The Safe Routes to School project focuses on comprehensive Safe Routes to School planning and implementation throughout the San Diego region, creating exemplary programs that can serve as a model for other communities. The project provides grants to local jurisdictions, tribal governments, schools and school districts, and community groups to implement programs and develop plans at the local level.

Healthy Regional Planning

SANDAG's Healthy Regional Planning project integrates public health goals, objectives, policies, and performance measures into regional planning efforts.

Forecasting Health Impacts

The SANDAG Health Impact Assessment and Forecasting project develops assessment and forecasting tools that inform decision-makers and the general public about potential health benefits or impacts of transportation planning projects, policies, and programs.

Healthy Foods

Fresh Fund

Fresh Fund creates equitable access to healthy food options by supporting the purchase of locally grown fruits and vegetables at Farmers Markets in San Diego County communities. Enrolled, participants receive \$20 in matching funds each month, increasing their ability to purchase fresh produce, while also helping local farmers.

Born & Raised

San Diego County has 6,687 farms, more than any other county in the United States. San Diego County also has the largest community of organic growers in the state and nation, with 374 farms growing more than 175 crops. The San Diego Growers are U.S. producers within 25 miles of San Diego County, using bio-diverse and sustainable farming methods. We support our local farmers, who grow fresh produce that is "San Diego Born & Raised."

People's Produce Project

The People's Produce Project brings healthy foods to residents, businesses, and schools in Southeastern San Diego. It helps local residents rally to create their own Farmers Market and community garden.

Workplace Lactation

The Workplace Lactation program increases the number of work sites that accommodate and support lactating mothers returning to work, and that adopt and implement breastfeeding/lactation policies.

Healthy Schools

Healthy School Meals

The San Diego Unified School District is improving opportunities for students to enjoy and benefit from healthier breakfasts through the Breakfast in the Classroom and Summer Meals programs. The district is also taking the lead in an innovative farm-to-school program, connecting San Diego County farms to the district and providing farm-fresh produce to the schools.

Safe Routes to School

In 1969, 50% of all children walked to school; today, only 15% of America's children walk or bike to school. Successful Safe Routes to School (SRTS) programs have been able to increase walking to school by more than 50% and bicycling by more than 25%.

School Wellness

Schools play a critical role in promoting student health and preventing childhood obesity.

School and Community Gardens

The School and Community Gardens program increases access to fresh produce grown in school and community gardens. The project supports garden use for all community members. The program is also establishing Regional Garden Education Centers in numerous locations throughout the county.

Resident Leadership Academy

The Resident Leadership Academy empowers people with the commitment to make positive changes at the neighborhood level, increasing the quality of life for all residents in these initial pilot communities: Oceanside, National City, Lemon Grove, and Southeast San Diego.

The long-term plan involves empowering community members throughout San Diego County, the state and the nation, using a community-training curriculum, training manual, and broad public outreach.

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WORKSSM
Paths to Healthy Living
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